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Editorial

When I started this magazine three years ago, it was difficult to imagine publishing the 25th edition. There were a lot of obstacles to overcome. Being the sole writer, editor, and designer, I had so much to do with each edition. As well as researching and writing the magazine, I had to learn about magazine design and organise the publishing and distribution. The journey has been a struggle sometimes, albeit an enjoyable experience. I had to keep going, if only for the continuous feedback I received from readers about how much knowledge they gained and how the magazine was making a difference in their lives. My primary aim with the magazine is to provide quality information and health education that will make a practical benefit to people's lives.

And while I have continued to do so, it has become obvious that I can no longer keep up with the workload. I have had to employ the services of an editor and a designer to help out with some of the work. This unfortunately means that I will no longer be able to make the free home deliveries that hundreds of our readers have come to enjoy over the years.

The magazine will still be free from our website and will be available for free at our designated outlets. It will also be free from a brand-new website

www.medbmag.com where you can now subscribe and have it delivered to your home. The website will also feature the most educative online health videos.

Our Readers who want the magazine delivered to them can visit the website

www.medbmag.com and subscribe using a discount code of MEDMAG to receive a 20% discount in subscription. The offer will only last until September. You can also call us to subscribe on 0034 966189074.

Until the next edition, enjoy our fabulously packed magazine.



Dr Machi Mannu

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7 Steps for Rolling with Life's Punches!

Manage Diabetes better than your doctor

Diabetes is the medical term for higher than normal sugar levels in the blood. Diabetes is considered to be a disease, but this is not technically true. It is actually a medical sign that something is wrong with the way the body processes carbohydrates.

People who have diabetes, or who are at a high risk of developing it, have a problem regulating the excessively high blood sugar produced by some foods. Today's diet is rich in processed carbohydrates and has added to this problem, causing an explosion in diabetes rates in modern times.



So how does diabetes affect the body? The foods we consume are processed and digested into nutrients that our cells require for sustenance. Foods that contain carbohydrates or starch are digested into sugar. This type of sugar is called glucose.

Glucose is a useful nutrient for our body. Our cells use it to generate the energy that is required for sustenance, regeneration, and repair. After carbohydrates are digested into glucose, it must be transported from the blood into the cells. This is done with the help of the hormone called insulin. Insulin is produced in the pancreas. In addition to driving glucose into cells, insulin is also responsible for converting sugar into fat.

Sometimes, on very rare occasions, the pancreas is unable to produce insulin, and this is referred to as Type 1 diabetes. Those suffering this form of diabetes require insulin on a daily basis because their pancreas is unable to produce enough. People who suffer from this type of diabetes usually have an underlying cause, such as an autoimmune disease where the body attacks itself.

There is also Type 2 diabetes. This is the type that the majority of sufferers have. Type 2 diabetics produce enough insulin, but their cells are resistant to its effects and sugar cannot enter the cells from the blood. This leads to high blood sugar and the build-up of sugar in their blood.

So, Type 2 diabetics produce enough insulin, but it is not recognised by their cells. Type 2 diabetics are treated with insulin injections, and many professionals criticise this therapy because of the flaw in the logic. Type 2 diabetics already produce enough insulin and sometimes, even more, insulin than is required. Adding more insulin is counterproductive. The reason insulin therapy may seem to be effective is that insulin also converts sugar into fat which will lower blood sugar. Eventually and inevitably, the excess insulin will cause weight gain and even obesity. Furthermore, high levels of insulin will damage blood vessels and increase the likelihood of the complications seen in diabetes.

Having now explained how Type 2 diabetes is treated, let's discuss its cause. Type 2 diabetes is first and foremost a dietary disease. Having a high blood sugar level is a warning sign to people that they are at risk of developing this condition. They ought to react to this by adjusting their diet, especially their intake of carbohydrate-rich foods.

Those who are susceptible to diabetes, perhaps because of their genetic makeup, are more likely to develop insulin resistance. As discussed above, this leads to Type 2 diabetes. Insulin resistance occurs when the cells become resistant to the effect of insulin; glucose can no longer be driven into cells. This leads to a build-up of sugar in the blood, which eventually causes the symptoms and complications associated with diabetes.

The problem with insulin resistance, the main cause of diabetes, is that it occurs gradually. Sufferers can

find themselves sliding into the condition. When people consume a diet rich in carbohydrates, especially processed carbohydrates, it causes a quick digestion of the carbohydrates into glucose or sugar. The body will continue to handle this load, but as the sugar dumping continues, the amount of insulin required increases. Over time this leads to insulin resistance.

So now for the big question, how should diabetes be treated? Diabetes is a nutritional disease, and rather than treating it with medications that improve insulin or with insulin injections, the best way is to regulate the intake of carbohydrates. The drugs used for diabetes therapy have a marginal success in controlling sugar levels and worse still they cause many severe side effects after a continued period of usage.

Many people suffering diabetes will receive a greater benefit from simple changes to their diet and ensuring they receive 3 of the most crucial minerals for preventing and treating diabetes.

THE DIET FOR DIABETES

As discussed above, the reason most people have diabetes is that they are unable to process the carbohydrates they consume. This is especially true for carbohydrates that are very quickly digested into sugar and dumped into the blood – a problem seen with processed foods that contain refined carbohydrates.

The worst culprit is wheat. Wheat is a staple food for most of the world, and researchers believe that modern wheat is the primary cause of most diabetes today. Wheat contains a type of carbohydrate



called amylopectin, which is easily digested from the saliva to glucose. A shocking example of this is action occurs at breakfast time. A common favourite is toast, but do you know that two slices of bread produce more blood sugar than 6 teaspoons of table sugar? And that is before you add any spreads! This simple example demonstrates how easy it is to consume the wrong foods without realising the harm we are causing to ourselves.

Wheat is processed into wheat flour. This is the ingredient in foods such as bread, pasta, biscuits, pastries, pies, pizza, as well as sausages, ice cream, and Weetabix. These foods should be avoided by diabetics. Reading this list, however, might make you feel worried. If wheat is in so many common foods, what is there left to eat?

The option is to consume alternative flours from rye, corn, spelt (the original wheat) and other grains. These grains do not cause the same effect as modern wheat and are available in most supermarkets. Avoiding wheat alone will help all people with diabetes reduce their blood sugar levels.

3 MOST USEFUL SUPPLEMENTS TO REDUCE BLOOD SUGAR AND REVERSE DIABETES

The most crucial 3 minerals every diabetic must take enough of are zinc, chromium, and magnesium. Their role in the body will now be explained and applied to the issue of diabetes.

Zinc is essential for the formation, processing, storage and secretion of insulin. Zinc plays a critical role in the growth and regeneration of cells, wound healing, the digestion of carbohydrates, and maintaining a healthy immune system.

The 'beta cells', where insulin is produced, in the pancreas are equipped to store zinc. Research shows that these cells are equipped with a zinc transporter, and people suffering diabetes have antibodies that attack the zinc transporter. This affects insulin sensitivity and production.

One study demonstrated that people with diabetes have lower levels of zinc (Islam M R et al). Another study showed that women who have higher levels of zinc have a lower incidence of diabetes (Vashum K P et al).

Zinc is important for maintaining the sensory organs that are at risk of damage from diabetes. A lack of zinc is known to cause a loss of sense of taste.

Zinc has antioxidant effects and protects the body

against oxidative stress. This is a cause of the complications of diabetes.

Zinc is crucial for preventing erectile dysfunction which is a common long-term consequence of Diabetes. One study from 1996 (Prasad AS et al) clearly showed the relationship between zinc and testosterone, and that men with a low zinc diet showed a significant drop in testosterone levels in just 20 weeks. Another study published in the American Journal of Rhinology and Allergy showed that the sense of smell is crucial for libido; as mentioned above, zinc deficiency can cause a loss of the sense of smell. The richest food sources of zinc are legumes, lentils, sesame seeds, pumpkin seeds, cashews, quinoa, lamb, dairy and sea foods.

The second mineral that every diabetic must take enough of is **Chromium**. Chromium is necessary to help cells sense the presence of insulin. It binds to proteins inside the membrane of cells and assists cells response to the presence of insulin. Chromium therefore potentiates the action of insulin and makes it last longer in the body. When chromium is present in sufficient amounts, a lower amount of insulin is required to regulate sugar. Chromium inhibits the deadly inflammatory process called ‘glycation’ which leads to the damage to the eyes and kidneys associated with diabetes.

Many studies show that chromium normalises blood sugar levels, improves blood sugar utilisation and decreases insulin requirement of patients.

Chromium also reduces the craving for carbohydrates. One study found that participants who took 600 micrograms of chromium picolinate for 8 weeks had significantly reduced cravings for carbohydrates and those that had the most cravings had the best outcome.

The best food sources of chromium are egg yolk, coffee, green bean, broccoli, meat, brewer’s yeast

and wine.

Finally, there is **magnesium**. Magnesium is a crucial nutrient for the heart, kidney and nerves, organs that are most affected by the long-term complications of diabetes. Magnesium helps cells regulate the uptake and action of insulin. The complications that arise from diabetes such as damage to the eyes and kidneys are worse when magnesium is lacking.

Low dietary intake and increased loss from the urine are two ways people with diabetes become depleted. Some studies have shown that low dietary magnesium can cause type 2 diabetes. As well as this, high sugar levels lead to increased excretion of magnesium and hence magnesium deficiency. Most people with diabetes are chronically deficient in magnesium, especially in people with poorly controlled diabetes.

Low magnesium decreases renal function and is a predictor for diabetic nephropathy (kidney diseases caused by long term diabetes). It will also increase insulin resistance, which means the body will need higher levels of insulin to control sugar levels. This means that more insulin is needed to achieve the same result. And to further complicate the issue, insulin resistance increases the excretion of magnesium from urine. Magnesium supplements can mitigate against these complications.

Oral magnesium supplements have been shown to improve fasting blood sugar and insulin sensitivity. (Jinsong Wang et al) –Prediabetes sufferers with the highest levels of magnesium had a 70% lower risk of contracting diabetes.

Best food sources include spinach, pumpkin seeds, Swiss chard, almonds, black beans, dark chocolate, dark leafy greens and fish.



Keep Your Nutrient Levels Optimal to Stay Healthy

We see a lot of impressive changes in our patients after we commence therapy. The most dramatic and positive of these changes occurs when we detect and correct mineral and vitamin deficiencies.

The benefits of vitamins and minerals can never be overstated. While vitamins and minerals are not usually a part of our recommended first line therapy, when they are, they make a huge and noticeable difference.

Vitamins and minerals are catalysts that activate and potentiate the digestion of nutrients—carbohydrates, proteins and fats. Any deficiency contributes to chronic illnesses including blood sugar imbalances, heart diseases and infections.

While healthy food is the best source of vitamins and minerals, the sad reality is that our foods contain just a fraction of what they used to contain years ago. This is because modern farming methods rush the food growth cycle and artificially speed it up. It is therefore necessary to take supplements if we are to get all the vitamins and minerals we need.

The best way to take vitamins and minerals is to take them altogether as a multivitamin supplement. The reason for this is because nutrients require each other to function optimally.

For example, vitamin E needs selenium to perform optimally, while the B vitamins work best when taken as a complex.

It is important to take care when choosing the supplement that you will begin taking because many are formulated with ingredients that are not as effective as their label claims. For example, do you know that there is no single chemical known as vitamin E? There are 8 different chemicals, all called vitamin E. Some of the synthetic forms are known to contribute to the risk of developing cancer.

One of the best-formulated multi vitamins is 'Ultra preventive X'. It has won many recognition awards, and is a supplement of choice for our patients.



To celebrate the 25th edition of our magazine, we will be offering a 25% discount on 'Ultra preventive X' for buyers in the clinic throughout August and September. At 39.75 Euros, it works out to be just over one Euro per day for all your daily minerals and vitamins. You would spend more than that on a bottle of water, so why not invest in your health?

Claire Dockerty

WHY ARE BLOOD TESTS ALWAYS NORMAL?

The blood tests carried out in public hospitals are best described as 'basic' and usually do not reveal sufficient detail to conclude any useful information about a person's health. Blood tests measure the levels of chemicals in the blood such as hormones, enzymes, minerals, etc. and these chemicals are only released in measurable quantities when the producing organ becomes diseased. Markers of inflammation in the body such as C-Reactive Protein (CRP) are only raised during chronic inflammation, and even then, they may not be raised at all.

This explains the common experience of those who avail of a hospital blood test when they feel very ill, only to have the results come back as clear from disease or infection. Blood tests usually only show positive results when a disease has progressed enough to damage organs. They are therefore not a reliable or accurate means of diagnosing a patient, and are notorious for giving false readings.



The most effective and realistic way to assess health is by measuring the frequencies emanating from the body. Every cell, tissue and organ in the body has a unique frequency; by measuring and analysing these frequencies, an accurate state of a person's health can be determined. Over 100 years ago, scientists established that—long before symptoms of diseases occur in the body—the frequency of organs change, making it possible to predict diseases before they occur. Sensitiv Imago is the most advanced frequency measuring diagnostic technology and is used in MedB Clinic for a Full Body Scan.

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MSM Powder is preferable to Tablets or Capsules that contain insufficient amounts - about 1 gram of MSM each. The body however may require up to 30 grams of MSM every day.

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How the Pancreas Works

When you think about food digestion you probably think about your stomach. Some people may also know that the small and large intestines are involved in the process. The often overlooked pancreas, however, also plays a pivotal role.

The pancreas is a vital organ for food digestion. It secretes juices that are crucial for the process. It is oblong in shape and located on the right side of the abdomen behind the stomach. The pancreas has a duct for emptying the juices it secretes. This duct connects with another duct from the gall bladder and empties into the intestines.

For food digestion, the pancreas secretes enzymes, including proteases, amylases, lipases as well as gelatinases, elastases and many others. These enzymes are responsible for breaking down carbohydrates, proteins, fats and oils into absorbable nutrients for our cells. The pancreatic enzymes flow into the intestines soon after food is consumed and moves from the stomach into the intestines.

In addition to the enzymes, the pancreas also secretes bicarbonate which is essential for neutralising the concentrated acid secreted in the stomach before it reaches the intestine. Without the pancreas secreting enough of the alkaline bicarbonate solution, the intestines will be damaged by the strong acid.

The pancreas secretes three hormones that regulate the metabolism and storage of nutrients from foods. These hormones are insulin, glucagon and somatostatin. Insulin has the function of controlling blood sugar glucose by converting it into storable fats called glycogen. Glucagon does the opposite; in times of need, it converts the glucagon back into glucose which is the primary fuel of our cells. Somatostatin blocks the production of both insulin and glucagon.

Because of the important role of the pancreas in food digestion, there are disastrous consequences when it is affected by disease. The most common affliction of the pancreas is diabetes. This occurs when the pancreas has problems secreting insulin or the insulin secreted is not recognised by the cells.

The pancreas may also be infected by microbes and very commonly affected by viruses such as herpes



and papilloma viruses. These viruses are now known to cause chronic diseases of the pancreas, including chronic pancreatitis and even cancer of the pancreas.

Boosting the immune system to help the body fight microbes is an important way to prevent viral infections and help the pancreas avoid chronic diseases caused by infections. You can do this by following a healthy and sensible lifestyle.

Like anything to do with our health, nutrition is key. Make sure to eat a balanced and varied diet. Foods that are rich in vitamin C are very good for building a strong immune system. These include fresh fruit and vegetables. You may also want to begin taking a vitamin C supplement, as an added boost.

It is also important to avoid excessive amounts of alcohol and to abstain from smoking because both of these factors can damage the immune system.

Do not expose your immune system to unnecessary risks. Proper hand-washing techniques and remembering to clean your hands before cooking or eating, and after going to the toilet, will help protect you from harmful bacteria that could cause infection.

Finally, take part in regular exercise. There is no need to spend hours in the gym every day, but it is important to ensure that you do some form of physical exercise for 30 minutes. Why not join a sports team or begin taking an evening walk after your dinner? Ask a friend or partner to join you to help keep you motivated. Exercise does not have to be work, it can be an enjoyable part of everyday life.

By following this advice you can best protect your immune system and avoid exposing your pancreas to harmful infections that may lead to irreparable damage.

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Tattoos and Toxins

Tattoo designs can be beautiful and creative. Tattoos have been known in many cultures for thousands of years and can be used for many reasons—for body decoration and fashion, to identify with a group, as a bond or union between people, etc.

In the last decade, tattoos have become immensely popular and fashionable. And, naturally, new industries have sprung up to cater for the demand. Tattoo parlours are now a common feature of the high street; industries have grown around the manufacturing of both the equipment and the ink used.

Critics fear that there is no regulation for the chemicals used in tattoos, which means that any chemical can be used. Most countries leave the regulation of tattoo parlours to the state and local government authorities, and in many cases, the regulations are too lax.

Although many people are aware of the dangers of infections from tattoos, especially the risk of unclean needles, the main risk this form of body modification presents comes from the inks that are put into the skin. However, the ink that is used in the tattooing process is probably the last thing the person who is being tattooed thinks to be concerned about.

According to a report from JRC (Joint Research Centre), from 2005–2015, chemical dyes were responsible for 95% of tattoo cases reported to the EU's rapid alert system for dangerous cases.

The top chemicals of concern found in tattoo ink are benzopyrene, which causes cancer, and phthalates, which are known to cause hormonal dysfunction. These problematic compounds are found mostly in black ink due to industrial contamination during production.

Coloured ink is not safe either. It can contain lead,

chromium, nickel, titanium and even mercury. Red ink, especially bright red ink, is the most potentially deadly coloured ink. Red ink usually contains mercury and iron, heavy metals that can accumulate in the brain and nerves to cause neurological problems.

The so called 'Organic Pigments' or Azo pigments that are used in most coloured ink may also cause health problems. Studies show that they degrade into potential cancer causing compounds through exposure to bacteria and UV light.

If you want a tattoo but do not want to risk your health, you ought to ask the tattoo artist about the ink that they use and where it is sourced from. Of course, this is no use to you if you do not understand the risks attached. For this reason, you ought to do some research before you enter the tattoo parlour. The Council of Europe has issued guidance on the 62 substances that should not be present in tattoos. It also holds that all tattoo inks should come with a list of ingredients, as well as information about the manufacturer and distributor of the product. Before booking a tattoo appointment, get the information about the ink that will be used in the session and compare it to the guidance supplied by the Council of Europe.

It is unsurprising that safer tattoo inks contain natural ingredients. Natural black ink is usually made from burnt wood or soot, both of which are unreactive. Natural and safe yellow ink is made from turmeric, while the safest blue and green inks will contain copper phthalocyanine pigments.

The Immune System Fights More Than Infection

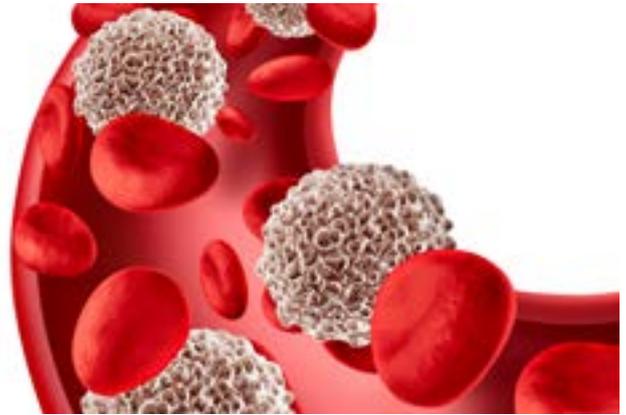
Most people believe that the sole purpose of the body's immunity is to fight infections. As such, they expect the signs of a weak immune system to be frequent coughs and colds. If they do not suffer from these types of ailments, then they believe their immune system to be working well.

This, however, is a stunted view of the immune system. The signs of weakness are actually more far-reaching than a mere cough or cold. Generalised body pain, joint aches and pain, high blood pressure, extreme fatigue and even food and chemical allergies all symptoms of an immune system in distress. The reason for this is that, in addition to its well-known role as a fighter of infections, the immune system is the key system that regulates the rate of inflammation and it also prevents allergies and food sensitivities.

It is responsible for producing immune cells—leukocytes, lymphocytes and eosinophils, as well as immune chemicals such as leukotrienes. These cells and chemicals are released when the body is injured; a process called inflammation. Inflammation is the medical term that describes the body's response to injury. Chronic Inflammation is now recognised as the origin of many diseases including diabetes, Alzheimer's, heart diseases, etc. Although chronic inflammation may not be as a direct result of a dysfunctional immune system, it is worsened by it.

As well as this, those who suffer from a weakened immune system will have more severe symptoms of related illnesses. They will experience greater pain from joint diseases, more fatigue, a higher risk from heart problems, etc. This is why substances that are known to improve the immune system tend to have many health benefits.

Another function of the immune system is the prevention of allergies. Allergies are not only related to the lungs, such as asthma and hay fever, but may also cause abdominal and skin disorders. The immune system is important for regulating the presence of foreign substances entering the body. Those with allergic tendencies have a hypersensitivity of the immune system. This causes the immune system to overreact when exposed to substances that many other people tolerate without problem.



The immune system is therefore a complex thing. Whilst some may not have problems with the part that prevents infections, they may have other disorders—such as skin disorders, allergies and food intolerances—which are all caused by immune system dysfunction. It makes sense that we should all seek to build up and protect our immune systems if we are concerned about our health, or simply want to be as healthy as possible.

One of the simplest and most efficient ways to boost the immune system is with vitamin D, and the best sources of vitamin D is the sun. Over-exposure to sunlight can be harmful, but luckily our bodies are very good at obtaining vitamin D in a short amount of time. Just 15 minutes of exposure is sufficient to get your daily vitamin D needs. You could easily get this by walking to work or by sitting in the garden while you drink a cup of tea.

It is also important to be mindful of factors that will harm your immune system. Unsurprisingly, excessive amounts of alcohol and smoking are bad for it, but stress is also a major destroyer of the immune system. This is why so many people report experiencing severe health problems after a stressful period; these problems can be traced to a weak immune system. Furthermore, those with a stronger immune system will be able to cope with stressful situations better. Stress can be unavoidable in modern life, but try to counterbalance stressful factors, such as work pressures, by taking time to focus on yourself. Going for walks, reading a book, even taking a bath can all be good ways to calm yourself.

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Silver has been used for thousands of years as an antibiotic to prevent diseases. Many ancient cultures used silverware to store water with the knowledge that silver protects against diseases. Silver is also the preferred choice metal for making surgical and clinical devices to prevent MRSA.

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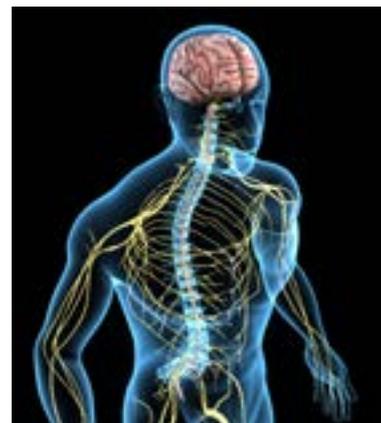
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Is Magnesium the Most Deficient Nutrient Today?

One of the most useful and highly deficient nutrient today is magnesium. Studies show that as much as 80% of the population could be deficient in magnesium.

Magnesium is involved in hundreds of chemical reactions in the body, more than any other mineral or vitamin. Many of the chemical reactions that require magnesium occur inside the cells, and nearly all the magnesium in the body is found inside cells, about 99%. Only 1% is found in the blood and other extracellular tissue. For this reason, blood tests to determine the levels of magnesium are unable to accurately determine magnesium levels in the body. Even when blood tests show adequate levels of magnesium, it can still be deficient inside the cells.



Magnesium is crucial for maintaining the electrical connections in the body. The heart, muscles and nerves all require this electricity to function optimally. The muscles rely on magnesium for muscle contraction, and deficiency of magnesium will cause muscle cramps and muscle spasms. Severe deficiency will cause muscle weakness and flaccidity. The nervous system is comprised of the brain and the nerves that transmit signals across the body. Magnesium deficiency slows down the activities of the nerves and leads to problems such as tremors, anxiety, headaches depression, mood swings.

Magnesium is a key nutrient for maintaining normal heart rate and blood pressure. Deficiency is a key reason for irregular heart rates and high blood pressure.

The best food sources of magnesium are dark chocolate, leafy greens, almonds, black beans, pumpkin seeds, avocado, and banana. It is important to make an effort to incorporate these foods into your diet. Why not try researching recipes that feature these foods as ingredients, or by adding them to some of your favourite meals as an experiment?

Whilst the natural route is always to be explored, sometimes it is necessary to take a supplement to ensure that you have enough magnesium. There are many forms of magnesium but the best absorbed is Magnesium Malate or Magnesium fumarate. Magnesium oxide should be avoided because less than 10% is absorbed. The body requires up to 600 mg of magnesium every day and it takes about 3 months to replenish reserves.

If you suspect that your magnesium levels are depleted, begin a course of supplements for 3 months to ensure that your reserves are fully stocked. If you want to go the natural route, you could then reduce your supplement intake or move onto a lower dose and make up the rest using magnesium rich foods.

BAKED EGGPLANT WITH TOMATO & FETA

2 eggplants, sliced into 1/2 inch rounds
6 big tomatoes, sliced
3 medium onions, sliced
2 garlic cloves, finely chopped
Feta 200g
Fresh thyme sprigs



Fry the eggplant slices on both sides in olive oil until light golden, then place on paper towels, covering both sides. Fry the onions until they soften. Grease a baking dish and place the eggplant slices in one layer. Layer tomatoes and onions on top, with a sprig of thyme in between. Repeat this until all the tomatoes and onions have been used. Crumble the feta on top, and also sprinkle over the chopped garlic and olive oil. Put in the Oven 180° +/- 25 min. Serve with a baguette.



Barbara Hagen

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A THERAPY THAT WORKS FOR MULTIPLE SCLEROSIS

Multiple Sclerosis (MS) is a serious health problem—one that supposedly has no cure. Nevertheless, the late Dr Nieper, a renowned Medical doctor and researcher from Germany, successfully managed thousands of patients with MS using a product called Calcium AEP (Calcium amino ethanol phosphate). This natural compound was discovered in the 1950s.

To understand why the compound works, we must first understand MS. The cause of MS, and some other autoimmune conditions, is that the membrane that protects the nerves has holes that let in viruses and toxins. These viruses and toxins cause damage.

Treating a patient with Calcium AEP works by covering up these holes, thus protecting the nerves from further damage.

According to Dr Nieper, the reason Calcium AEP worked so well is that it fills up the holes in the nerves that are the cause of MS. To use an analogy, the compound works like plaster filling up the cracks in a wall. Calcium AEP is available from some online suppliers.

ARE YOU SAFE TO FLY WITH A HEART DISEASE?

Taking a holiday is something that many of us spend all year looking forward to doing. It is a chance to cast off the worries of the office and the stress of everyday life, to relax in the company of our loved ones, and to build memories that can last a lifetime. However, for those who have been diagnosed with a heart disease, a worry over the safety of flying can take over and discourage them from taking a holiday abroad.

Some conditions present a risk if the sufferer were to board a plane, but this is not true of all heart problems. According to the British Heart foundation, if you are fit enough to climb a flight of stairs without stopping, you are fit enough to fly. In other words, if you feel well enough to go on holiday then you are medically able to do so.

Those who suffer from a more serious heart condition which has led to an operation, for example if someone has undergone a heart bypass procedure, will require recovery before travelling. An uncomplicated heart bypass requires a 2-week wait before flying, while more serious cases will require longer. This aligns with common sense, and most patients would not want to travel so soon after having an operation because they will want to relax and recover at home.

People who have received heart catheterization, with or without a stent, should be able to travel after a few days. And people who suffer angina that is controlled with medication can also travel without problems. In general, cardiac incidents occur at the rate of 1 patient for every million.

The most common fear is of blood clots, but these can be easily avoided by walking around the aircraft every few hours. If you have ever been on a long-haul flight you will know that taking some time to stretch your legs is necessary for comfort anyway.

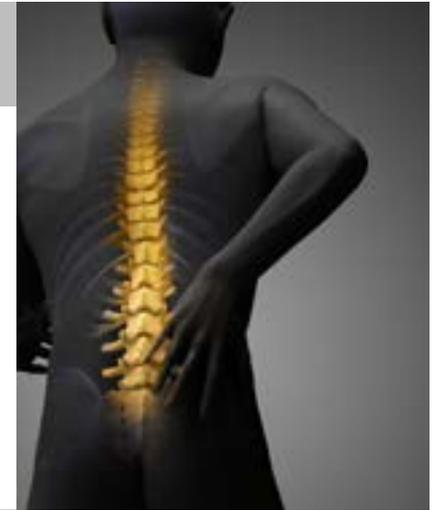
Those who suffer from a serious heart problem should inform their doctor before traveling. This is to ensure that they receive the appropriate medical advice as suited to their condition.

Finally, it is imperative to remember to take your required medication before traveling and to keep to the appropriate dosages if you enter into another time zone. It can be helpful to use a mechanical wristwatch to work out the time at home and compare it to the time in country that you are in. Keep all your medication in your on-flight bag, rather than stowing it in the aircraft. Airports often mix up and lose suitcases, you can live without your socks but your medication is too important to go without! It is also a good idea to have the telephone number of a pharmacy near to your hotel, just in case anything was to go wrong. And remember to drink a lot of water to prevent dehydration.



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7 Steps for Rolling with Life's Punches!

Sometimes you simply roll out of the wrong side of bed. You wake up in a bad mood. What to do? First off, YOU are the only person or thing that needs to change and can make it better—so please do not impose your state on anyone else, most especially those you love the most. It is the equivalent of being an energy pollutant.

I am not saying that you need to be perfect and cannot have sad, disturbing or off feelings in life. Sometimes they simply happen. But there is no case for indulging them. A 'mood' implies you are resisting and projecting the feelings that are arising. It is the resistance to our feelings that morphs them into bad feelings.

Remember when you last walked into the room and you could immediately detect a bad mood? You probably felt uncomfortable and perhaps even worried that you are the cause of the other person's bad state.

Women have a head start on understanding this phenomena as each month during our period we get a mood. It took me years to realise that every month there was a day when I would cry and believe that life was in a bad way when, in fact, it was simply a hormonal state. The gift of that experience is that I came to understand that there are many factors that create a mood that are not real. The liberation that comes with that realisation is that in any instance I can take my mood and transform it. I have control of my internal reality.

How to take responsibility and transform your mood?



One: Be gentle with yourself.

Two: Check your energy levels, if you are tired or simply low in energy it can manifest as a low feeling. You may even be having a sugar low or be dehydrated.

Three: What have you not handled? Maybe you have tasks that you need to do that are weighing on you. Make a plan, make a list, prioritise, choose one baby step and make it happen today.

Four: Beware of blame. If you are making someone or something responsible for your state or even blaming yourself then stop right now and ask yourself, "How can I empower myself right now?" or, "What do I need?"

Five: Reframe. Whatever negative interpretation you are taking on your situation in life, find a new and positive way to look at your reality.

Six: Self-nurture, breathe, eat well, exercise, take a bath, take a walk, get a massage. Your body and mind are interlinked.

Seven: Snap out of it using the 60 second rule. I use this one myself. Give yourself time to indulge negative feelings, and then require yourself to drop the 'mood' aspect of it. Get real, the mood part is just childish and unnecessary, it's a choice. Then go forth and be gentle with yourself and allow the flow of life to carry you.

The Full Body Scan at MedB

How the scan works

The diagnostic scan examines the whole body by measuring the frequencies of the cells, tissues and organs in the body. Different parts of the body emit unique frequencies, and with the aid of sensitive technology, these frequencies are measured and analysed by advanced computer programmes to determine your state of health with high accuracy. At MedB, we use the most advanced form of this diagnostic technology called Sensitiv Imago.

What to Expect

At MedB, our aim is to make your scan experience as comfortable & relaxing as possible. It takes only 45 minutes for the first appointment, all of which you would spend in a relaxing easy chair, watching a visual interpretation of the scan in progress.

The only things you need to remove for the scan are any jewellery or metal/electronic objects. We would also ask that for 48 hours before the scan you avoid coffee, alcohol & very spicy food. Everything else is OK. You also need to avoid smoking or using your mobile phone an hour before the scan.

Included in the report of the scan will be a recommended Direction of Therapy that we suggest based on the findings of the scan.

We divide the therapy into 1st and 2nd Line therapy. The first line therapy is usually to treat the underlying cause of the illness while the second line therapy is to help regenerate and strengthen damaged areas of the body.

Taking the Direction of Therapy is by no means a compulsory requirement but we will point out that we only prescribe products based on many years of use and supported by extensive research.

Benefits

Non-invasive and Safe: Unlike other scans such as X-rays and CAT-scans, your body is not exposed to harmful radiation.

Accurate and Detailed: The scan reads information from the cells and tissues as well as from organs and systems to produce an accurate and detailed information about your state of health. In contrast, other scans such as endoscopies use a camera to examine just the surface of internal organs.

Affordable: A similar scan using the same technology cost up to 6 times more in England and other EU countries. Products from MedB are also cheaper than anywhere else. For More information, **Call 965071745, 966189074** or visit www.medb.es



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